

**BEFORE YOU START
USING KRATOM**

**KNOW ALL
ABOUT IT**



PATRICK HARRIS

Before You Start Using Kratom Know All About It

Patrick Harris

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About the Author

Patrick Harris is an herbal medicine enthusiast who uses natural means to find remedies for health conditions; such as infertility, fibroids, pain, depression, weight loss. Etc.

In his quest to find the best medicinal herbs out there he encountered Kratom, and he's now committed to educating people on the things they need to know, not just about Kratom but also other herbal products that work.

His objective is simple: to assist people who are looking for alternative medicine for their health challenges.

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Introduction

W

e all search for better alternatives when it comes to our health - or lack of it. Most patients would never rebut the idea of looking for alternative options after conventional medical options fail to work, they will be forced to try other available options for the sake of their health.

In the psychiatric medical field, Kratom has proven to be one of the most effective forms of alternative medication for patients who are seeking treatment for fatigue, chronic insomnia, pain, depression and many more.

The first time I took Kratom I knew I was going to write a book about it.

While there were a lot of things I knew about Kratom (which you will find in this book anyway), trying it out for the very first time was tricky for me. An excellent first-time experience makes you a happy user. Meanwhile, a bad first-time experience can make you hate this medicinal plant.

An even trickier situation arises when you don't follow instructions before trying a new Kratom strain for the first time. There's a great chance that it can go wrong leaving you with the impression that Kratom is not your thing.

This book is a complete guide to educating you on Kratom tips and tricks but also making your first Kratom experience pleasant and enjoyable.

Chapter one

Kratom - The Double-Edge Plant

Y

ou may have come across the word “Kratom” recently and might have thought it sounded a lot like something out of the international space station.

Well, you are no different from a lot of people since what happens in space is all “grey” to us. Kratom is a relatively new drug in the United States and Europe at large. Southeast Asia has been using this drug for many years as a painkiller, anti-diarrheal medicine, and a recreational drug. Kratom is simply the name of the tree this drug is gotten from.

While this is a popular tree, most Asians know only about its leaves; the dark green leaves which are usually around 7 inches long and 4 inches wide, are continuously shed by the tree throughout the year. These Kratom leaves have been a part of the culture of Southeast Asia for hundreds of years if not longer. 70% of the population has been estimated to use the plant daily.

Many lovers of this tree say that it has helped them to treat their opioid addiction withdrawal symptoms, calms anxiety, and lessens chronic pain amongst other things.

This trees’ benefits are real, and it’s getting a lot of attention lately since DEA threatened to ban it which made it the center of a national controversy.

So, what is Kratom and what effect does it have on the human body?

Kratom, also known as *Mitragyna speciosa*, is a tropical tree which is related to the coffee family and widely known to the people living in Indonesia Malaysia, Thailand, Papua New Guinea and Myanmar. The leaves from the tree have been used for centuries by these countries as a traditional remedy for various pain.

They usually eat the leaves raw, but the leaves can be crushed and made into a powder. The powder can also be made into capsules, smoked or brewed in teas.

A recent release by the U.S. Drug Enforcement Administration said that kratom - when taken in low doses - produces stimulating effects. However, it's not the same when it is taken in large amounts; it acts as a sedative

which can lead to psychological and physiological dependence as well as psychotic symptoms.

But is that all Kratom can do?

Other Important Things You Should Know About Kratom.

Kratom is Not New

It might be a new thing in the US but definitely not in Southeast Asia and some parts of Africa. For centuries, farmers in these parts of the world consume the Kratom leaves to get an extra boost of energy while working in their farms. In Thailand and Malaysia, Kratom is considered harmful which made the government ban it in 1979 and 2003 in Malaysia. However, it's important to note that the banning of kratom in Thailand was due to lost tax revenues on the opium trade rather than the safety of the drug.

Meanwhile, despite the bans, the western world came to know about the benefits of this drug, such as increased energy and alertness. Today, this drug has continued to grow in popularity, and it is often smuggled from Thailand for sale in the western countries like the United States.

Kratom Produces Similar Effects to Opiates

Here's another crazy fact about Kratom; It produces similar effects as opiates. It can cause negative health consequences, such as respiratory depression, vomiting, nausea, hallucinations, and severe withdrawal signs.

It takes an average of 10 mins to take effect which can last for 2 to 5 hours. Although it is most commonly consumed as tea, it can also be consumed by chewing the leaves or ingesting it.

Kratom - when taken at a low dose-produces an increased amount of euphoria, talkativeness, energy, and social behavior. At higher doses, it can produce feelings of pleasure, sedation, and decreased pain.

Kratom Can Be Addictive

It's no secret that taking Kratom can treat withdrawal symptoms from opioids or other addictive substances like alcohol. However, you may find yourself ending up being dependent and addicted to kratom.

Some of the symptoms you'll experience from being addicted to Kratom includes muscle aches, insomnia, emotional changes, irritability, aggression, and jerky movements.

Since this herbal drug is relatively new in the United States, its full power may not be completely understood yet, although the general opinion inclines toward psychoactive effects and can lead to dependence and addiction. It is important not to abuse this drug.

Chapter 2

Strains of Kratom

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If you are new to Kratom, it is important to know the best strain of Kratom that is right for you.

The medicinal properties of the Kratom strains are classified by its various vein colors. The unique colors of the veins define the potency of a particular strain of Kratom.

Let's take a closer look at the different types of Kratom and its effects to help you in deciding which one is right for your needs.

Red Vein Kratom

It is the widely known strain of Kratom.

You can identify it by the red colored veins in the leaves as well as the red stems.

The Red Vein Kratom is most sought after because of its high potency of 7-hydroxymitragynine, which is very effective when it comes to relieving pain and relaxing muscles.

That is the same reason why Red Vein Kratom is mostly used as a supplement for natural pain relief and it's slowly replacing the pharmaceutical painkillers.

Also, this strain of Kratom is also famed for its ability to produce soothing and calming effects including peace of mind and acting as a sedative to help people suffering from insomnia to sleep better.

This strain of Kratom also plays a major role in combating opiate addiction as well as preventing its withdrawal effects.

The Different Shades of Red Veins

Red Vein Thai

This originates from Mainland, Thailand. It is best known for its euphoric feeling and relieving of anxiety and depression. It also enhances mood and provides soothing and calming effects.

Red Vein Borneo - This strain is mostly seen in the South Borneo, and it is known to be extremely pleasurable in its effects. It provides relaxation, soothing effects, and calmness, and like the Red Vein Thai, It also aids in enhancing mood.

Red Vein Sumatra

This particular strain is found in Sumatra, Indonesia. It is an effective painkiller, analgesic and muscle relaxant. It helps in treating anxiety and depression, lowering of high blood pressure, relieving sleep difficulties and insomnia as well as relaxing the body and mind.

Red Vein Bali

This is found in huge quantities in the village of Bali, Indonesia. It has the same effects as the Red Vein Thai but considered as the most classic opiate.

Red Vein Vietnam

It is considered as the most euphoric Kratom strain. It helps in providing a feeling of calmness and relaxation and helps in reducing stress and anxiety.

Red Vein Bantuagie

Found in Indonesia, this strain is popular for its strong and powerful euphoric effects, and also for its ability to produce a feeling of mental peace.

Red Vein Dragon

This is grown in Malaysia and is mostly taken in a very low dosage, compared to rest of the red strains, this particular strain is extremely strong.

Red Vein Gold

The Indonesia Red Gold is an intense euphoric strain just like the Red Vein Bali. However, its potency is a little bit greater than that of Bali.

White Vein Kratom

This White Kratom strain has white-colored stems and veins. Amongst all the strains of Kratom, the White Vein strains are regarded as the most euphoric and stimulating.

White Vein Kratom has much credited for its energy boosting effects, giving you the energy, alertness, motivation, and stamina you need for your entire day.

White Vein Kratom is extremely beneficial in enhancing moods, concentration, sharpens focus, clears mental fogging. People suffering from fatigue may find this strain extremely helpful for achieving the great energy, overcoming exhaustion and enhancing their overall mood.

It is a great replacement for caffeinated drinks like black tea, coffee, and energy drinks.

The White Vein Kratom comes in various types, such as:

White Vein Bali

This originates from Bali, Indonesia. Known for its euphoric and stimulating effects.

White Vein Sumatra

This strain is recognized for its relaxing and energizing effects. It is the most euphoric and helps in dealing with nervousness and social anxiety.

White Vein Thai

This strain delivers euphoric effects that enhances mood and overcomes anxiety. It also provides dissociative effects to help subsidize pains.

White Vein Borneo

Found in the Northern Borneo, this strain is not only an effective painkiller, but it is also a powerful stimulant that improves your focus and concentration.

White Maeng Da Thailand

This strain - due to its euphoric and analgesic properties - is used as an efficient painkiller.

White Vein Kapuas

This strain is unique. It produces both the energy effects as well as relaxation effects at the same time.

White Vein Indo

This strain is a painkiller and also provides relaxation effects.

White Vein Gold

This strain delivers more intense euphoric effects when compared to other white veins Kratom.

Horned White Vein Maeng Da

This strain not only a powerful in delivering euphoria, but it also acts as an energy boost. With even a little dosage desired results can be achieved.

Green Vein Kratom

The Green Vein Kratom is characterized by the spreading green veins through the leaf's surface and a green stem. The Green Vein Kratom can best be described as somewhere in between the white and red kratom strains. It has the characteristics of both strains, but it is known to be a mild stimulant, active energy booster and an anti-depressant that can brighten up your day.

It is also used to relieve any sort of aches and discomforts without worrying about feeling drowsy afterward.

With the Green Vein Kratom, you can perform better at work, at school and home throughout the day.

Due to its balanced functioning, the Green Vein Kratom is often used against social fears. It makes you less afraid and more able to disregard the effects of other people's opinions.

Therefore, this strain is best used for recreational activities. This strain also makes you more talkative, cheerful and more friendly.

The Many Types of Green Vein Kratom

Green Malay

This strain can be found in the Floristic Region, Malaysia. It's known to be an effective painkiller and muscle relaxant. It also helps to relieve pains and discomforts and enhances cognition and concentration.

Green Vein Bali

This strain is a powerful stimulant. Also, it is a strong painkiller with dissociating effects.

Green Vein Indo

This strain is found in Indonesia and acts as a strong euphoric strain. It provides an instant energy boost.

Green Vein Dragon

The Green Vein Dragon is famous for its powerful euphoric effects and intense energy boosting mechanism.

Green Kapuas Malaysia

This strain provides a well-balanced, strong effect of euphoria and boosted energy.

Green Horned Maeng Da Thailand

This is found in the rainforest and acts as an efficient painkiller and delivers immense levels of boosted energy.

Other Green Vein strains include:

Green Vein Riau: known for its relaxation and calming effects.

Green Vein Sumatra: it produces euphoric effects and elevated energy levels.

Green Vein Vietnam: this is popular and powerful for its stimulating effects and also helps to enhance focus and concentration levels.

Other variations of Kratom strains include:

Yellow Borneo

Yellow Gold

Chocolate Borneo

Yellow Kapuas

Dark Brown Bantagie

Mixed Maeng Da Malaysia

Hulu Kapuas Kalimantan

Mixed Malay /Malay Silver

There's a lot, right? And you are probably confused on which of Kratom strain is the right choice for you.

Could it be the Red, white or green Kratom strains?

Well, finding the right strain depends solely on your needs and requirements.

There isn't one strain suitable for all needs. Therefore, it is vital to understand which of the strain that will deliver you the most health benefits with respect to its properties, potency, and effects.

However, it's always advisable to consult a health expert before using Kratom.

Chapter 3

The Science Behind Kratom

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ince the triumphant entry of this herbal supplement into the US, a lot of activities has been happening around it. One of which is scientists trying to understand what makes Kratom so powerful.

Researchers have - after series of research - found out that there are over 40 currently known alkaloid compounds present in Kratom leaves, which includes over 30 different alkaloids like the 7-hydroxymitragynine, which is regarded as the most active ingredient of the Kratom leaves. Other active alkaloids include mitraphylline, mitragynine, and mitragynine pseudoindoxyl. Other active ingredients that are present in Kratom leaves include raubasine and corynanthidine's, which are both Yohimbe alkaloids.

Also contained in the leaves is an alkaloid known as rhynchophylline; it is a calcium-channel blocker, and capable of reducing NMDA-induced currents. However, the presence of mitragynine depends largely on various factors such as the trees' location, age, and strain. This alkaloid is mostly found in trees that are grown in the Southeast Asian regions due to their specific climate conditions.

Other notable active ingredients include Isomitraphyllin, pausinyne, johimbe, Corynoxin, Mitrafolin, Corinonin, 3-Dehydromitragynin, (-)-Epicatechin, 3-Isocorynantheidin, 3-Isopaynanthein,

Isospecionoxein, Isospeciofolin, Mitraciliatin, Mitragynalin, Mitraphyllin, Mitraspecin, Mitraversin, Paynanthein, Speciogynin, Speciociliatin, Stipulatin, Speciofolin, Speciogynin, Specionoxein, Speciofolin.

Besides the alkaloids, there are other ingredients like glycosides, terpenoid saponins, flavonoids, and several polyphenols found in Kratom.

What Mitragynine Does

The alkaloid, Mitragynine is one of the major ingredient found in Kratom. It makes up to 0.1 to 0.3% of alkaloids present in the kratom leaves. At a small dose, this alkaloid acts as a stimulant at the delta opioid receptors.

At higher doses, it performs as a painkiller by interacting with the mu opioid receptors. Mind you; it does not induce any psychedelic effects. It is

metabolized by the phase I and phases II microsomal system.

What Hydroxymitragynine Does

This is the main active ingredient present in Krato. This ingredient is considered more potent than mitragynine because not only does it interact with Kappa, it also interacts with both Delta and Mu opioid receptors. Its effects include analgesia and physical dependence.

How Safe is Kratom?

A lot of questions has been asked on this topic, and many answers have been given, but the most simple of them is the fact that Kratom is 100% safe to use.

However, the only problem is the abuse. To avoid the negative side effects, it is important to use Kratom in the required dose.

The side effects from Kratom are dependent on the dose. Small dose produces stimulation while larger doses produce sedative effects.

Kratom Best Practices

I enjoy taking Kratom in its powdered form. This allows you to ingest Kratom rather than smoke it. Here are some convenient methods I use in consuming it:

Make a Cold Tea: I usually boil up the Kratom powder in some water for about 30 minutes, I will leave it to sit, then sieve off the liquid. Many people see this method as more better and effective as regards to potency, but it's obviously more time consuming to carry out. You can either drink it hot or cold. But I have found out that it's quite nice when taken chilled.

Yogurt? Yay!: I have only tried this only once. I added the powder to some yogurt I found in the refrigerator. It wasn't a particularly pleasant experience, but it worked all the same.

Add to Protein Shake: I have tried this with success. It produces better effects when I take my Kratom this way. I don't know if there's any scientific reason backing this, but it sure was better than Yoghurt.

Capsule: I haven't tried this, but if you're so worried about not leaving the Kratom taste in your tongue then this is certainly a convenient way to get it down your throat without even a hint of the taste.

This is definitely convenient if you're on the go and don't have the time to swirl around teas and protein shakes.

There are other ways of ingesting Kratom, but these are probably the most common methods. Discover what works for you by trying them all.

The Right Way to Dose Kratom

Always start small, 2g–3g is the recommended dose for beginners, you can scale up if after 20 minutes and you don't feel anything. You don't want to feel the effects all at once, so start small and take it from there. If you feel a bit nauseous, it is a clear sign that you have taken too much. Way too much, and you will probably vomit.

High-quality Kratom strain starts working at 3 – 5 grams. Not all Kratom strain is created equal so get the best - as a beginner - you will require much less to test your tolerance level.

How to Dose

For focus, mood boosting and energy, I usually take between 3-6 grams.

For anxiety and pain relief I usually take between 7-10 grams; this is a very large dose.

Some people might take 4 grams and feel fine; some can go as low as 2.5 grams and still get the same effects thereby saving money in the long run.

I personally do not take less than 3 grams (depending on the strain).

Chapter 4

When Does the Side Effects Kick in?

A

lot has been said about Kratom. While there are positive effects of using this herbal supplement, there are also negative effects experienced in the long-term from repeated and abusive use.

Some users have reported that Kratom causes dependency. In cases, where users overdose on Kratom, the user might feel motor excitement followed by slight giddiness, tiredness, loss of motor coordination, and hyperpigmentation of the cheeks.

Sweating, dizziness, dysphoria, and nausea have been reported in doses ranging from 10 to 25 grams.

It is important to note that continuous and excessive use of Kratom may dependency, and the withdrawal symptoms are usually mild and diminish within a week. These include craving for Kratom, lethargy, weakness, anxiety, restlessness, myalgia, muscle pain, jerky movements, and insomnia.

My Experience

After taking kratom for the first time, I experienced some undesirable side effects such as:

Loss of appetite

Nausea

Itching

Dry mouth

Sweating

Constipation

Increased urination

It's even worse if you take it more frequently and for a longer time. You may experience:

Insomnia

Anorexia

Weight loss

Skin darkening

Constipation.

Some reports have it that there might be a risk of hepatitis and other liver-related illness with increased kratom usage. Kratom is also to cause psychotic symptoms.

With all these harmful effects, you may be wondering why this herbal supplement is not illegal in the United States. The truth is, there are too few studies that have been carried out to examine kratom's effects to ban it.

However, there is some positive news. It can be said that Kratom is a safe substance to consume. Its herbal benefits exceed the side effects it may produce.

Chapter 5

Is Kratom Really Legal? And What Can We Expect in The Future?

A

visit to most local cafes in college communities will make you see a steady stream of customers walk in for a cup of this increasingly popular herbal beverage - Kratom.

Most local cafes offer coffee, beer, black tea, wine and pastries and lots more, but nearly everyone opts for a cup of kratom.

Lots of reports say that Kratom, which has little or no overdose risk, could help people quit opiates, in addition to that it could reduce the dependence on often deadly prescription painkillers.

Some experts say that this drug could be used as an alternative to buprenorphine, methadone, and Vivitrol in assisted therapy for opioid addiction.

An estimated number of people (3 to 5 million) are using this herbal supplement, and there has been a lot of positive feedbacks (based on reports from retailers).

If Kratom is all these, then why are states banning it?

Is Kratom even legal?

Well, the answer to this question is a tricky one, as it depends entirely on where you live.

If you live in Wisconsin and wouldn't mind driving (?) all the way to Louisiana, then Kratom is legal.

The United States has no current federal regulations on the possession or sale of kratom. However, some states have regulated or banned this plant. The states that have banned this plant include:

Alabama: Alabama pronounced Kratom as a Schedule 1 controlled substance on May 10, 2016.

Arkansas: In February 2016, the controlled substance list witnessed the addition of Kratom to its list.

California: The substance is legal in California, but not in San Diego.

Florida: Whatever you do in Florida don't ever take Kratom in Sarasota County.

Illinois: In Illinois, you are required to buy kratom with an ID if you are living in Kratom Jerseyville.

Indiana: This state placed an outright ban on kratom.

New Hampshire: In New Hampshire, you are allowed to buy Kratom once you are 18 and above.

Tennessee: Banned banned banned.

Wisconsin: In Wisconsin, it is banned because the primary alkaloids present in kratom are classified as Schedule 1.

Apart from these few states, there are only 4 countries that have placed a ban on Kratom. So, if you are living in Australia, Thailand, Burma or Malaysia, then it is illegal to use this herb.

In Australia Kratom is banned - since 2003 - following the suspicion of potential abuse.

In Germany, the government's stand on Kratom is unclear. But it is being used for medical purposes.

In Malaysia, Burma, Romania, Sweden, Russia and South Korea it is highly illegal to plant, grow or sell Kratom.

In New Zealand, a proper prescription slip is required to buy Kratom leaves. It is not lawful to sell Kratom without this slip.

In Italy, Ireland, Belgium, United Kingdom, and Canada it is legal to sell, buy or grow this plant.

The Future of Kratom

Kratom; a pill that has been credited with delivering feelings of euphoria, super-human strength, powerful pain relief, and enhanced focus is yet to be made federally legal.

How long do you think it will stay before we know for sure whether it has any future?

It will take a long time, I guess. There is limited available research on kratom, and the previous research that reported negative effects is based largely on case reports that involved multiple drugs, not just kratom.

Though a lot of animal studies have been carried out and has shown that kratom use is likely to lead to addiction. However, user surveys taken indicate that withdrawal symptoms of this herb are no worse than those encountered when quitting coffee or other herbal supplements.

Last year, the Drug Enforcement Administration said it was going to identify Kratom as an illegal Schedule 1 drug; that places Kratom on the level of heroin, marijuana, and LSD. A series of public demonstrations

sprung up, letters from Congress and a petition with more than 140k signatures made the agency to place the proposal on hold.

A lot of kratom users are not concerned about the dust raised by DEA. Most sellers of this herbal plant say that the controversy has only improved business. A lot of people are interested in experiencing this little-known herb with huge benefits and few disadvantages. Likewise, a lot of university students who leverages the power of Kratom which helps to sharpen their focus when they need to study for an exam.

However, depending on who you ask, kratom is either a wonder herb that can deliver feelings of euphoria, powerful pain relief enhanced focus and also safely treat opioid addiction, or a significant threat to health.

There's still a lot of gray areas about kratom. But if we jump to conclusions and classify it as a threat to public health prematurely, we are only harming the people who can benefit from its positive effects.

Chapter 6

The Best Place to Buy Kratom

I

have been talking about Kratom for the past 5 chapters of this book. I know you will be curious about where to get this herbal supplement.

Before writing this book, I went an extra mile to review a good number of online Kratom stores where you can easily find the different strains of kratom that will satisfy your individual needs, and I came up with a lot. Hopefully, you will find it helpful.

If you are looking to purchase the real quality Kratom and its products, you should only trust these reputable online Kratom vendors.

SacredKratom.com

This is my personal favorite because not only do they have a fully developed website; you can also search for the Kratom strains by names, regions, types, and properties.

Quality products

They sell pure Kratom strains, and you have access to complete information on each strain as regards to their origin, benefits, etc.

Affordable Kratom prices

If you are looking for the best competitive and affordable Kratom prices out there, this website will offer you exactly that.

Kratom alternative

You can also purchase kratom alternatives from this site including Blue Lotus powder, Blue Lotus flowers, Blue Lotus extract, Mitragyna hirsuta, Sakae Na, Akuamma seeds, Kava Kava, etc.

Payment Modes

This site accepts Bitcoin as well as regular payment methods.

Free shipping

This site offers free shipping (terms and conditions apply). All the orders are shipped same day.

Satisfaction guaranteed

This site has complete trust in the quality of their product. With their 30-day money back you can rest assured that If you are not satisfied, you can contact them and ask for a refund.

KratomSpot.com

You can purchase Kratom, its products, and other supplements on this website. KratomSpot deals only on the finest quality of Kratom at affordable rates.

Same day shipping

They offer same day shipping option. If you are in the US, it will deliver your parcel on the day after payment.

Mode of payment

They accept multiple payment options such as Master Card, Visa, Discover and American Express.

Customer service

They have very responsive customer service.

Single or wholesale purchase

They offer both single and wholesale orders at the best price.

SuperNaturalBotanicals.com

Super Natural Botanicals is very useful if you are looking for a variety of Kratom products that are available in powder, supplement and extract form. They stock a wide variety of kratom products. It is like having all possible kratom products under one roof.

Premium quality Kratom

All the listed Kratom products are tested for alkaloid. You can also read the description for each kratom product listed on the website.

Same day shipping

This site offers same day shipping (terms and conditions apply).

Online tracking of orders

Once they have processed your order, you can track its status.

Payment methods

They accept cash on delivery and the regular shipping payment methods.

Return policy

You can return the unopened, sealed and untampered packages within 30 days of purchase.

Customer care

This website has functional customer service. Their response rate is maximum.

Individual and bulk purchases

The store only offers retail orders. It doesn't accept bulk purchases.

PurKratom.com

This website offers best quality kratom products at affordable rates. They also deals with many other products such as empty capsules, plant material, extracts, accessories, coffee, essential oils, Mushroom, herbal formulas, Kava Kava, Maca.

Free delivery

This site offers free delivery (terms and conditions apply).

Same day shipment and online tracking

Once you have placed your order, it will be shipped on the same day. You can also track your orders through the website.

Modes of payment

This website accepts cash on delivery alongside other regular payment methods like Mastercard, Visa card, Paypal.

Bulk purchase

This site does not accept bulk orders. It only accepts small and individual orders.

Customer care

They have a working customer care service.

Other Great Websites Where You Can Purchase Kratom Includes:

Coastlinekratom.com

KratomCapsules.com

krakenkratom.com

kratomcrazy.com

This list is not exhaustive. You may want to perform your own due diligence on best places to buy Kratom. Let us talk about how to spot a reliable vendor.

How to spot a Reliable Kratom Vendor

If you are out to find a kratom vendor that works for you, one of the best ways to identify them is to examine their site. Check the quality of their website design and read their description of their kratom products. If the website looks unprofessional, you might want to avoid them. The site should also explain what kratom is all about in simple terms, to allow a visitor make an informed decision. If the vendor makes bold claims on any of his Kratom products, then you should run the other way.

Another important thing to look out for is, whether the website is served through a secure connection. There should “https” before the URL.

Conclusion

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n a nutshell, the Kratom plant is considered as a potential medicinal herb in the United States that offers a full range of effects. However, you as a user must always consider the Kratom type, the strain, the level of tolerance, and other important factors mentioned in this book.

Therefore, it's vital to read and learn everything about Kratom to get proper guidance on the risks and dangers of consumption before actually purchasing the product.